COOL COURSE FOR HOT DAYS
ICED BERRY AND MELON SOUP REFRESHES {page 15}

GLEEFUL DEBUT FOR TEEN SINGER
ANTI-AGING TREATMENT FOR 18-YEAR-OLD {page 7}

SOLO
LOHAN TO SERVE ISOLATED TIME
GET THE DISH {page 11}

VANCOUVER metro®
Tuesday, July 20, 2010
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City parking 5th priciest in Canada

Vancouver has highest parking tax in North America ◗ Canadian parking rates have climbed two per cent over the past year ◗ Study authors expect prices to keep rising

JENNIFER O'CALLAGHAN/FOR METRO VANCOUVER

▶ A man pays for parking at a downtown Vancouver lot yesterday. In Canada only Calgary ($453), Toronto ($336.25), Montreal ($280.62) and Edmonton ($275) have more expensive monthly parking.

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

Vancouver drivers pay $266.81 — about $42 more than the national average — for monthly parking, the lowest amount of Canada's largest five cities.

Calgary has the most expensive parking at $453.38 per month, according to a study by Collier's International that focused on lots in prime central business districts.

Jim Grimard said yesterday he's seen Vancouver parking rates rise.

"Today, I parked at Waterfront for an hour and a half and it cost $19. Years ago that would have gotten you half a day!"

London, England is the most expensive city in the world to park at $980 per month.

Wellness

Save your skin this summer

◗ Skin becomes more vulnerable to the sun's rays as the mercury rises
◗ Experts offer tips on how to prevent damage {page 12}

Soldier found not guilty of murder

Semrau court-martialled for Afghanistan shooting {page 4}

Police dogs get training ground

New obstacle course for VPD canine team {page 2}

The Devils he knows

Kovalchuk signs 17-year deal to stay in New Jersey {page 18}

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1 news

Drug war declaration lauded

Some of the greatest minds in health science, as well as Nobel laureates and former world leaders are backing a declaration spearheaded by a Vancouver doctor to change the way the West fights its war on drugs.

Dr. Evan Wood, who is in Vienna for the International AIDS Conference, said current policy causes more harm than good because it does nothing to curb drug use and the spread of disease.

The Vienna Declaration calls for evidence-based policies that reduce harm — like needle exchanges and supervised injection sites — rather than tougher laws.

Signatories include the co-discoverer of HIV and the former president of Brazil. "There's been ... a huge discordance between what some governments are trying to do (with policy) and the scientific evidence that exists in terms of the drug problem," Wood told Metro.

"InSite has been shown to reduce the spread of HIV, prevent overdose deaths and get people into treatment," he said.

The federal government is asking the Supreme Court to overturn a ruling that keeps InSite open.

KRISTEN THOMPSON

Declaration

Vancouver's Dr. Evan Wood speaks out about the cost of HIV.

- **How much** It costs Canadian taxpayers between $250,000 and $500,000 for every case of HIV, said Dr. Evan Wood.
- **Support** A group called Law Enforcement Against Prohibition — made up of American police officers, judges, lawyers and prison wardens yesterday announced its endorsement of the Vienna Declaration.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

A Port of Montreal labour dispute threatens to disrupt imports into Eastern Canada. Video at metronews.ca/canada

Allan Small goes bargain hunting in a stagnant stock market. More at metronews.ca/investing

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BCIT donates its course to dog squad

Animals to practise jumping through windows and walking on narrow ledges All Vancouver police dogs are German shepherds

VANESSA YEE
VANCOUVER@METRONEWS.CA

Visiting Strathcona Park will be no leisurely walk for Vancouver police dogs after a new obstacle course for four-legged officers was inaugurated yesterday.

Dr. Silvia Raschke, project leader, said the course will aid in building the dogs' confidence, improving their abilities as well as the quality of training.

The VPD dog squad has 18 German shepherds on the force.

While training together, the canines build strong relationships with the officers, Sgt. Scott Hogg added of the police dog squad.

"The dogs have taught me a lot about myself (too)."

Diamond dogs

A look into the dog house.

- **Well-bred** The dogs are obtained from breeders and international brokers at about $8,000 each.
- **Strong dogs** German shepherds are known to be highly obedient, loyal, and powerful. Their abilities are proven in court.
- **Dog squad training** Dogs are cross-trained in explosives, firearms, and drugs.
- **Long tenure** The dogs are kept for seven to nine years before being retired.
- **Two dogs, one person** "Two squad dogs are the equivalent of one officer," Sgt. Scott Hogg said.

$70K A trained police dog is worth about $70,000.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Vancouver police Const. Reg Forster takes police dog Ace through a training course at Strathcona Park yesterday.

Man arrested in McCann search

A man police described as a person of interest in the disappearance of a B.C.-bound couple is in custody, RCMP said.

Travis Vader was arrested without incident yesterday morning at a home near Edmonton.

A second man at the home was also arrested but police have not released his name.

Mounties started looking for Vader after Lyle and Marie McCann went missing while driving to Abbotsford from St. Albert, Alta., to see their son.

Their motorhome was found on fire and their SUV was located days later.

Vader is in court this morning to face unrelated charges.

JENNIFER O'CALLAGHAN

RCMP

▶ Travis Vader

News in brief

Tickets thrown out: Police

COURTS. About 20 per cent of traffic tickets issued in Vancouver last year were thrown out because officers failed to appear in court, Const. Jana McGuinness said yesterday.

METRO VANCOUVER

Students head back to Haiti

RELIEF EFFORTS. Some of the Kootenay area high school students stranded in Haiti after that country's earthquake in January are returning to the Island nation next month.

KRISTEN THOMPSON

News in pictures

PHOTOS
1. TASER INTERNATIONAL VIA GETTY IMAGES
3. METRO VANCOUVER FILE PHOTO
4. TRANSLINK
5. RICHARD LAM/THE CANADIAN PRESS

1 Taser use by Vancouver police is on the decline, police said yesterday. Tasers were used four times in the first quarter of 2009, 33 times in 2008 and 86 times in 2007.

2 Property division laws may be extended to all common-law couples living together for two years if a proposal to change B.C.'s family law is accepted.

3 The Vancouver Parks Board voted last night against holding a public vote on whether the Vancouver Aquarium should continue keeping dolphins and whales in captivity.

4 Several buses to the West End are being rerouted after 7:30 p.m. tomorrow to accommodate crowds for the Celebration of Lights fireworks show over English Bay.

5 Minor delays were reported at Vancouver's airport yesterday when 21 refuelling supervisors and administration staff were locked out by their employer. METRO VANCOUVER

Students, teachers remember Sun

FACEBOOK PHOTO

▶ Edward Sun, a Bodwell High School student, drowned in Alice Lake on Saturday.

ESL student failed to resurface after diving off raft ◐ Memorial set up in high school's library

VANESSA YEE
VANCOUVER@METRONEWS.CA

The mother of a Vancouver ESL student who drowned at a Squamish-area lake visited a memorial for him at Bodwell High School yesterday.

Principal Stephen Smith said Hua Sun, the mother of Lian Dun (Edward) Sun, invited her son's classmates to his funeral. "This is a very emotional time," Smith said. "We have six grief counsellors, including Chinese-speaking counsellors, helping students and staff."

Sun, 17, was found unconscious beneath a diving platform at Alice Lake on Saturday after attempting to swim from a raft just off shore. He had been part of a group of eight boys under the supervision of their hall adviser.

"He appeared to be a competent swimmer," Smith said.

No lifeguard was on duty.

Sun loved arts, sports and excelled in his studies, Smith said. He immigrated to Canada in 2009 and his mother was at his hospital bedside when he died.

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Vancouver to host Raps, Suns

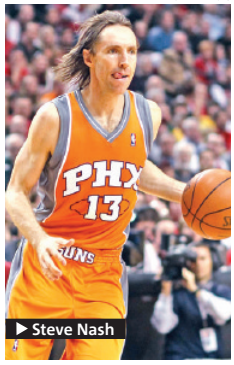
Vancouver will host an NBA pre-season game between the Phoenix Suns and Toronto Raptors on Oct. 6, Canucks Sports and Entertainment announced yesterday.

The Phoenix Suns pre-season home game at Rogers Arena will feature Victoria native Steve Nash along with teammates Grant Hill, Jason Richardson and Hedo Turkoglu — a former Raptor.

The Toronto roster includes Andrea Bargnani and recently acquired former Sun Leandro Barbosa.

Raptors coach Jay Triano, who played college basketball at Simon Fraser University and later coached at the school, said part of Toronto's pre-season preparations will take place in B.C.

GETTY IMAGES



▶ Steve Nash

Tickets go on sale July 24 at 10 a.m., and are priced $21.25 to $98.50 plus applicable fees for bowl seats.

A limited number of floor seats will also be available.

NATASHA POON

Tickets for the game will be available online at Ticketmaster.com.

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Semrau not guilty of murder, court finds

Prosecution doubted mercy killing defence
Married father of two had spotless prior military record

An unprecedented court martial has found Canadian Forces Capt. Robert Semrau not guilty of murder in a battlefield shooting in Afghanistan.

He was convicted on the lesser military charge of disgraceful conduct.

The five-member court panel, the equivalent of a military jury, spent two and a half days considering the case against the 36-year-old officer.

The dramatic legal-military saga began on Oct. 19, 2008, on a dusty battlefield in the Taliban-infested Helmand province, just west of Kandahar, the province where most of Canada's soldiers are stationed.

Semrau was part of a team of Canadian soldiers assigned to the Afghanistan National Army as mentors.

Following an intense fire fight that pitted Canadian and Afghan forces against the Taliban, an insurgent lay on the verge of death.

An Afghan army captain, who was on the patrol with Semrau, testified the Taliban fighter was "98 per cent dead" when he was found.

The trial was told that Semrau fired two rounds from his rifle into the dying man and that he'd told fellow officers after the shooting that he simply wanted to put a wounded and dying enemy fighter out of his misery.

THE CANADIAN PRESS

Fireworks Dinner Cruises
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India. Victims

▶ A man pastes photos of dead and injured passengers at a hospital in West Bengal state yesterday.

BIKAS DAS/THE ASSOCIATED PRESS

India train wreck raises questions

A speeding express train plowed into a stationary passenger train in eastern India yesterday, killing scores of people in a crash so powerful it sent the roof of one car flying onto an overpass. Officials said they could not rule out sabotage. Rescuers recovered 61 bodies from the crash site and at least 125 other people were injured, said police. The two drivers of the Uttarbanga Express were among the dead.

Blackbail: Conrad gets an out

Conrad Black won his bid for bail yesterday after a U.S. Supreme Court ruling last month weakened the law that was used to convict him and send him to prison.

However, Black's appeal lawyer, Miguel Estrada said his client had not yet been released.

"He is not yet out," Estrada said in an email.

"The terms will be set by Judge St. Eve, as soon as we can get in front of her."

St. Eve presided over Black's criminal trial in 2007 in Chicago.

Jacob Frenkel, a former federal prosecutor and white-collar crime expert, says Black could be out of jail as early as today, but likely some time in the next week.

The fact that Black's been granted bail suggests the appellate court is likely to throw out the mail and wire fraud conviction, he added. THE CANADIAN PRESS

JERRY LAI/THE CANADIAN PRESS

▶ Conrad Black

It's not extinct — take a look

Researchers in central Sri Lanka have photographed a Horton Plains slender loris — a rare primate that was feared extinct for more than 60 years, the Zoological Society of London said yesterday.

THE ASSOCIATED PRESS

DULAN VIDANAPATHIRANA/THE ASSOCIATED PRESS

▶ The Horton Plains slender loris.

More facial surgery for Alberta boy, 2

A two-year-old boy who was born with a rare lymphatic disorder underwent a second operation yesterday to repair his severely disfigured face, doctors said.

"He looks very, very good right now," said Dr. Milton Waner, who performed the four-hour surgery at St. Luke's-Roosevelt Hospital in New York. "I don't think his parents recognized him."

The boy, Maddox Flynn of Edmonton, suffers from lymphatic cystic hygroma, which caused severe swelling around his left eye and on the lower part of his face. THE CANADIAN PRESS

Experts agree: Carney should raise rates

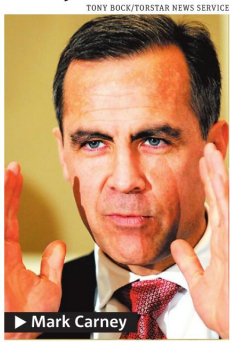
Bullish analysts say emergency-level rates no longer needed ◐ Dissenters say rate hike would inflate loonie

Bank of Canada governor Mark Carney has seldom heard such unanimity about what he should do with interest rates at a time of economic uncertainty.

The consensus of 12 economists surveyed is that the governor will hike the policy rate by a quarter point for the second time in as many months today to 0.75 per cent, still an extremely low level.

It's the same verdict for the 11 analysts who made up the C.D. Howe Institute's monetary policy council this month – all casting their vote for further rate increases. Four even called for a half-point jump to one per cent.

TONY BOCK/TORSTAR NEWS SERVICE



▶ Mark Carney

As well, the markets have priced in a quarter-point hike for weeks.

But a few bearish economists are urging Carney to ignore the dubious wisdom of crowds, warning of potential danger if he succumbs to the pressure to raise borrowing costs as the economy is starting to recover from recession.

"I don't believe the case for hiking rates is valid, and I think Canada will pay for this," says Carl Weinberg, chief economist with U.S.-based High Frequency Economics.

THE CANADIAN PRESS

Indonesia. Coffee

▶ A civet cat climbs a coffee tree to eat ripe cherries.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Dung: Not everyone's cup of joe

Indonesia's top Islamic body said it may forbid followers from drinking the world's most expensive coffee, extracted from the dung of a civet cat, over concerns it is unclean. Kopi Luwak is made from hard beans that have been eaten by the nocturnal critters and then fermented in their stomachs before being pooped out and roasted. It's prized for its smooth flavour and bitterless aftertaste.

News in brief

BP's cleanup costs pile up

LONDON. Oil company BP says the cost of dealing with the Gulf of Mexico spill has now reached nearly $4 billion US. The company says it's made payments totalling $207 million to settle individual claims for damages.

THE ASSOCIATED PRESS

Dock workers locked out

MONTREAL. Commercial operations at the Port of Montreal essentially came to a halt after 900 longshoremen were locked out by employers over tactics related to contract negotiations.

THE CANADIAN PRESS

Investors like Canada

OTTAWA. The amount of foreign investment in Canadian securities nearly doubled to $23.2 billion in May, with close to half of that in federal bonds, Statistics Canada says.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	DOLLAR
– 26.18¢ (11,543.47)	– 0.02¢ (94.80¢ US)
OIL	**Natural gas 1,000 cu ft**
– 53¢ ($76.54 US)	$4.510 (– 00.9¢)
	Gold contracts
	$1,181.90 (– $6.30)

Homewood buys Human Solutions

Homewood Corporation, an Ontario-based provider of mental health and addiction treatment programs, says it has acquired Human Solutions International Inc., a Vancouver company that runs employee assistance services.

Financial terms of Monday's announced deal were not revealed.

Human Solutions has 250 employees and more than 1,200 corporate clients in Canada and will be combined with Homewood operations into a new company called Homewood Human Solutions.

"The addition of Human Solutions is a major step in further establishing Homewood as a leading provider of Employee Assistance and Disability Treatment services," said Edgardo Perez, Homewood's chief executive and president.

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SHACKING UP & SHARING A TOOTHBRUSH

She says ...

JESSICA NAPIER

Every downtown dweller knows there's nothing better than living in the city — especially when you have someone to share the rent with.

So, in the name of true love (and affordability), my boyfriend and I recently took the plunge and agreed to cohabitate. Like many couples who decide to move in together, our decision was equal parts romance and convenience.

So far, living together has been an adventure in decorating (I had no idea men had such strong opinions on floral motifs), and has resulted in a lot of practical cost-splitting opportunities. But it's also brought to light all those irritating habits we've managed to keep hidden from one other until now.

I realized our new living arrangement would require an adjustment period, so I'm coming to terms with the boxers on the floor and the wet towels thrown on the bed. But suddenly it seems like my stuff has become our stuff and my territorial instincts are starting to kick in.

"I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky."

Sure, everyone loves sharing the cable bill, but what about those more personal items?

Any guy out there with a long-term girlfriend knows our fancy overpriced shampoo smells better than yours. So I wasn't surprised when my boyfriend started helping himself. But what about towels, nail clippers, shaving cream … I've even caught him taking a turn with my toothbrush!

Is nothing sacred?

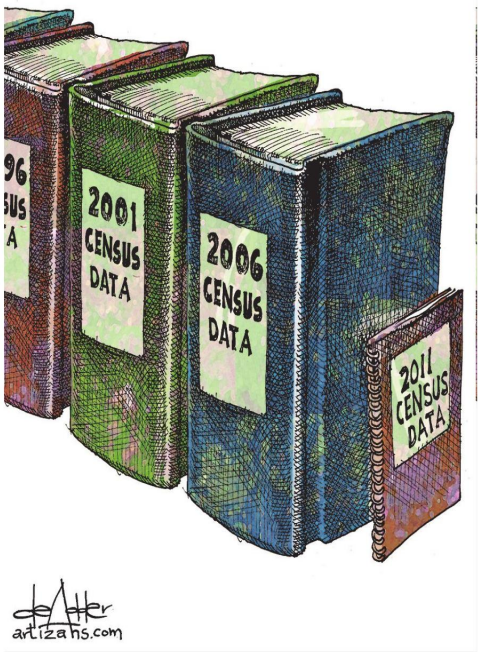
Maybe our newfound bathroom co-dependence is just a case of comfortable familiarity, a natural progression of any long-term commitment. On the other hand, what if this intimate behaviour is killing the romance, one unhygienic toothbrushing session at a time? I might be willing to concede on some of the toiletries, but I refuse to become a couple that uses the bathroom together.

I know there are people who happily perform their nightly flossing routine while their partner is perched on the toilet beside them. I also know I will never be one of those people. I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky.

After all, every couple needs boundaries, even when you're sharing a 500-square-foot apartment.

Cartoon

MICHAEL DE ADDER



Are we being 'Conned?'

Letters & Tweets

TORONTO. Bit by bit, the Harper "Cons" continue to "con" the Canadian public by slyly dismantling, or reducing to minimal, the core practices of our essential, traditional statutes. The long form of the Statistics Canada census is just another casualty in the increasingly lengthy list.

Today, where we can Google the exact location where you and I live, and where there is virtually nothing the government or its agents cannot find out about us, does it make any sense for Industry Minister Tony Clement to feign intrusiveness of the long-form census? What a paradox.

Moreover, the data StatsCan collects and analyzes on the long form are used collectively and anonymously to compile statistical trends on all aspects of the Canadian population.

Lastly, the annual income tax form is much more intrusive (one of the sacred secrets of Canadians is how much money we earn) than the long-form census. If the Harper "Cons" can get away with this one, will complainants soon lobby them to get rid of the income tax forms? And what excuse will the "Cons" have for maintaining the intrusiveness of the tax forms?

GLENN HAREWOOD

More is less

ADRIAN WYLD/THE CANADIAN PRESS

What's your favourite summer movie?

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Metro Minute with the Tour Guys

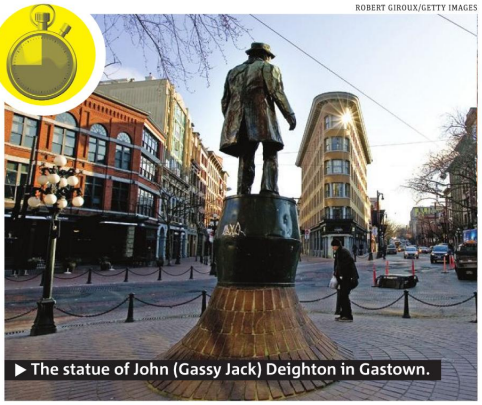
Take advantage of the beautiful weather by joining the Gastown walking tour led by the highly entertaining and vivacious Tour Guys.

The tours are every Tuesday and Friday and start at 1 p.m. sharp. The walk begins at the Olympic Countdown clock and during this two-hour adventure the group will visit city landmarks such as the Vancouver Art Gallery, the famous steam clock, and Blood Alley. You will also get some juicy tidbits on the best and most affordable places to grab a bite.

The tour is free and the guides guarantee an exciting and informative time. For more information, visit tourguys.ca.

VANESSA YEE

ROBERT GIROUX/GETTY IMAGES



▶ The statue of John (Gassy Jack) Deighton in Gastown.

Singer gussied up for debut on Glee

Filipino teen gets skin-tightening procedure, Botox Career took off after appearing on Ellen and Oprah

Filipino teenage singer Charice Pempengco says she prepared for her debut on the hit TV show Glee by getting Botox and an anti-aging procedure "to look fresh on camera."

The 18-year-old Charice, whose singing career rocketed after appearing on Ellen DeGeneres' and Oprah Winfrey's talk shows, underwent a 30-minute Thermage skin-tightening procedure and Botox to make her "naturally round face" more narrow, celebrity cosmetic surgeon Vicki Belo told ABS-CBN television.

Charice, in the same interview, said last week's face makeover was part of her big preparations for her appearance on the hit show's second season. "All people will be anticipating how will Charice look? Is she good enough to pit against Rachel Berry? So of course there is tremendous pressure," Charice said. Berry is portrayed by Lea Michele, who is 23.

Charice auditioned for Glee in mid-June in Los Angeles and was thankful to have been accepted.

"It's really a blessing," she said, adding she was "very proud to be an Asian, very proud to be Filipino."

On the streets of Manila yesterday, some residents who follow Charice had mixed feelings about what she did with her face.

"I think it's OK for women to have procedures done, but Charice is too young. Does she need it?" said Patricia Carpio, a 21-year-old student.

"It may be of some benefit for the camera, but I would be reticent to consider Botox for a normal 18-year-old"
DR. MALCOLM ROTH

For Myrna Lumanao, a 23-year-old seller in a doughnut stall, looking natural is better. "I guess she can afford to have those procedures done because she has the money, but I wish she did not change her looks."

Dr. Malcolm Roth, president of New York's Society of Plastic Surgeons and director of plastic surgery at Maimonides Medical Center in New York said he wasn't sure how someone so young could benefit from Botox.

"You would think that the makeup people could take care of (any wrinkles she might have) or that they could take care of it in post-production," he said.
THE ASSOCIATED PRESS

big break

- **Charmaine Clarice Relucio Pempengco** appeared on TV talent shows in the Philippines and South Korea before she got a big break on The Ellen DeGeneres Show at age 15

LARRY BUSACCA/GETTY IMAGES

▶ Filipino teen singer Charice, shown in this photo taken earlier in the year, wanted to "look fresh" for her appearance on Glee.

2 scene

News in brief

Brazilian soccer star Ronaldinho took to the stage with 50 Cent in a concert in Rio de Janeiro. Ronaldinho was one of the many Brazilian celebrities attending the rapper's show late Saturday and was invited to the stage, prompting a loud ovation from the fans.
THE ASSOCIATED PRESS

Husband says Zsa Zsa Gabor has successful surgery to replace broken hip

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Old friends beat Drums

After starting out as an electro outfit, group goes back to basics and embraces guitar sounds

BRUNO MARTINS
METRO WORLD NEWS

PHOTO HANDOUT

▶ The Drums like to mix up their sound.

Guitarist Jacob Graham and singer Jonathan Pierce met at a U.S. summer camp and made a pact to start a band.

Today The Drums have made No 5 in the BBC's shortlist of The Sounds of 2010.

Jacob Spoke to Metro Portugal's Bruno Martins.

You were initially an electro outfit — why did you go back to basics?

Jonathan and I have been listening to electronic music since we were kids. I think we started to collect old synthesizers when we were 12 years old so we felt kind of exhausted with the idea a little bit. A lot of our favourite bands, like New Order, did a similar thing and grabbed guitars without really knowing how to play them and it keeps it fresh that way.

Was it easy to learn to play guitar?

Well, when we started the band we didn't know a thing! We were living in a tiny apartment in Florida, with my little brother and we just grabbed and recorded. There are no chords on our songs, it's just one note at the time. I had to learn to play guitar in the public eye, which was very stressful at first.

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Do the guitars change the feeling on the lyrics?

I don't know. We've always been drawn to simple pop songs and they always end up being about the same thing, you know, heartbreak and pathetic things like that. When we started the band there were a couple of things that affected the lyrics — Jonathan moved from New York to Florida to record and I think that's one of thing that made our first EP kind of summery.

Your songs are bittersweet — is that you?

Yes, we've always been attracted to that. We're all kind of miserable people who are never content, so we could never enjoy pure happy music, but at the same time we don't want to hear some guy with an acoustic guitar singing sad songs with sad lyrics. It's too much. We mix it up.

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The ladies rock out

The Runaways
Genre: Drama
Director: Floria Sigismondi
Stars: Kristen Stewart
◍◍◍◍

This hotwired saga of the prototypical 1970s riot grrrls makes a compelling argument about overlooked talent and under-appreciated influence (Bangles, Bikini Kill, etc.). The movie also, ahem, rocks.

Written and directed by Toronto's Floria Sigismondi, it reveals how three chords and an attitude not only made serious jam-kickers out of Runaways frontwomen Cherie Currie and Joan Jett, it also worked wonders on Dakota Fanning and Kristen Stewart, who play them in the movie.

It's a shock to see sweet li'l Dakota rocking the mic as the face-painted and corset-clad lead vocalist Currie, and also following her well-documented (if also clichéd) descent into sex, drugs and rock-induced despair.

Stewart applies her vampiric moodiness to rhythm guitarist Jett's tough-girl persona.

Sigismondi bases her screenplay on Currie's tell-all tome Neon Angel: The Cherie Currie Story, which inevitably, and regrettably, leads The Runaways into family melodrama about Currie's drunken dad and jealous twin sister.

Before that, though, it's a highly entertaining lesson in Rock Godhood 101. To this we can say rock on and ch-ch-ch-check it out.

Extras include a commentary with Joan Jett, Kristen Stewart and Dakota Fanning, plus a making-of featurette.

PETER HOWELL

The Losers
Genre: Action
Director: Sylvain White
Stars: Jeffrey Dean Morgan, Zoe Saldana
◍◍

Whatever it is that France-born director Sylvain White (Stomp the Yard) and his conscripts are engaged in with this rip-off of The A-Team, it's not coherent storytelling. This is a movie for people who would really rather be playing a video game — one with lots of bullets. Or reading a comic book, which is in fact the source of this eruption.

It's the oh-so-familiar story of Special Forces soldiers who get set up, get mad and then decide to get even. Jeffrey Dean Morgan is Clay, still in wise-cracking and skull-splitting Comedian mode from Watchmen, who commands a crack team of buff bastards named Roque (Idris Elba), Jensen (Chris Evans), Pooch (Columbus Short) and Cougar (Oscar Jaenada).

Watching this plot-deprived film is like playing with plastic action figures.

PETER HOWELL

Cop Out
Genre: Comedy
Director: Kevin Smith
Stars: Bruce Willis, Tracy Morgan
◍

Given a choice between watching Cop Out again or driving iron spikes into my eyeballs, I would probably choose Cop Out — but I'd have to seriously think about it.

This pitiful excuse for entertainment is utterly bereft of wit, intelligence or craft on any level. The only thing left to screw up would have been to leave the lens cap on the camera. Wait, that would have been an improvement.

Cop Out isn't so much a movie as it is a cinematic suicide note for Kevin Smith's directing career.

PETER HOWELL

TV watch list

In search of Emily

GONE BABY GONE Canadian Shay Mitchell's Pretty Little Liars character, Emily, is the big focus of tonight's episode after she went missing during the homecoming dance last week. As her friends try to track her down, police question her mother. (MuchMusic).

THE CANADIAN PRESS

Sealed with a KISS

SHOWS A new episode of Gene Simmons Family Jewels is followed by the special KISSteria, celebrating the 35th anniversary of the Alive! album. (A&E)

THE CANADIAN PRESS

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Vampire books pack serious bite

Vampire Diaries author L.J. Smith explains what makes her vampires different ◗ Fanged ones have become more 'romantic' over time

MARIE MORIZOT
METRO FRANCE

The world's current fascination for all things vampire is good news for Californian author L.J. Smith, whose gothic output includes The Vampire Diaries and Night World series of novels.

Where do you draw inspiration from?

I'm not sure where I find inspiration for my characters, especially my bad boys. Maybe they come from a part of my unconscious. I love bad boys the most and Gabriel is a prime example. I wanted to do a vampire that didn't suck blood, but took energy directly. He was fun to write.

Why did you become a writer?

I was making up stories when I was five years old. As far back as I can remember, I have wanted to write stories and to see and hear the reactions of the people who read them.

How long does it take to write one of your books ?

Well, I wrote the first three Vampire Diaries books in nine months! Just three months for each book. But those were short books, and today I write 600-page books. Now it takes me at least six or seven months per book.

"I think that over time vampires have become romanticized."
L.J. SMITH, AUTHOR

Have vampires changed over time?

Well, if you go back to the first vampire, Dracula, by Bram Stoker, he was cruel and evil and not really very romantic. I think that over time vampires have become romanticized, and each writer adds little rules for their own special vampires. For instance, I have my vampires wear lapis lazuli to protect them from the sun, and they are not afraid of garlic.

Why did you stop writing for 10 years?

This is a sad question for me to answer. I was just starting to write Strange Fate, a book in the Night World series when my brother in law got Stage IV cancer. I helped my sister and her two small children for eight years and I found that with all the horror that was going on in my family I could not write. After that, my mother got lung cancer and passed away. I call her my guardian angel because after her death I began to write again.

▶ This trio of attractive underworld dwellers sprang from the imagination of author L.J. Smith

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Lohan headed to 'special' prison

Actress will serve jail term in isolation for own safety 90-day sentence could be cut to two weeks

Inside a nondescript two-story building next to a busy freeway in an industrial neighbourhood far removed from Hollywood is where Lindsay Lohan will likely spend several weeks as part of her punishment for violating her DUI probation.

Lohan is slated to begin her sentence Tuesday at the bleak, 16-year-old Century Regional Detention Facility in Lynwood, Calif., just south of downtown Los Angeles.

The actress would be housed in the 2,200-bed facility's special needs unit, where she would live in isolation for her own safety.

Thanks to jail overcrowding and a state program that credits inmates for good behaviour, nonviolent female misdemeanour offenders such as Lohan typically serve only about 25 per cent of their sentences, according to Los Angeles County Sheriff's Department spokesman Steve Whitmore.

▶ Lindsay Lohan

That means Lohan's 90-day sentence could be reduced to about three weeks and she could be out of jail in time for the premiere of Machete, the action-thriller opening Sept. 3 that stars Lohan as a nun.

The 24-year-old Mean Girls star will most certainly have to trade her sparkly Pamella Roland jumpsuit for a jail-issued orange one. Lohan will also be asked to arrive empty-handed and must surrender any jewelry.

THE ASSSOCIATED PRESS

Gibson not fleeing to Australia

Despite being locked in a raging custody battle with ex-girlfriend Oksana Grigorieva and being the subject of a domestic violence investigation, Mel Gibson has no plans to flee the country, his rep tells Us Weekly.

Rumours circulated recently that the beleaguered star would escape to his native Australia, but his rep insists "there's no truth" to them. Instead, he's reportedly been back at work in New York filming Jodie Foster's new film, The Beaver. Meanwhile, despite doubts from several sources, Grigorievia's rep insists the photo showing the Russian singer with chipped teeth that were leaked over the weekend is "true and accurate."

▶ Mel Gibson

METRO WORLD NEWS

Willis takes on rug dealer

LEGAL BATTLE Bruce Willis has found himself in a tense legal battle with a Los Angeles rug dealer who claims the actor spilled red wine on a $27,700 rug while he was "road testing" it at his apartment, according to TMZ.

METRO WORLD NEWS

Kids on the way for Javier, Cruz?

HAPPILY MARRIED Now that Javier Bardem and Penelope Cruz are married, kids shouldn't be too far off, according to Bardem's sister, Monica. "They have shown the world they are in love, And it would be only normal and natural to have children."

METRO WORLD NEWS

Celebrity tweets

Jessica Alba [@jessicaalba] Just brushed a hornets nest off my sweats... Yuck

Michael Lohan [@michaelllohan] If THEY had only listened to me.... none of this would have happened. That means "YOU" D!!!!!

Conan O'Brien [@conanobrien] I found a huge design flaw in my new iPhone. People get angry when I talk on it during a funeral.

Lindsay Lohan [@lindsaylohan] I don't want my ex-father anywhere near me no matter where I am. He is crazy and scares me.

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3 life

Fighting summer skin care problems

The healthiest faces are out of the sun ◗ Toners can be very important in the heat ◗ Self-tanners are an easy-to-apply alternatives

CELIA MILNE
WELLNESS@METRONEWS.CA

Whether you're hiking up mountains in British Columbia or pounding the pavement in Halifax, the summer's a tough time for your face. Protecting it from the sun is the number one thing you can do to keep it young and healthy.

"The summer can take a toll on maintaining a fabulous complexion," says Toronto beauty expert Cheryl Gushue.

We asked her to give us some tips on getting that facial glow without the long-term damage.

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."

The Canadian Dermatology Association recommends an SPF of at least 30 for all these products — lipstick, lip balm, moisturizer and foundation. Other advice: Wear a wide-brimmed hat, seek shade and avoid the sun at midday.

▶ Products with at least an SPF of 30 are recommended to help protect your skin from the sun.

Your face may also be sweaty and blotchy in the summer. Says Gushue: "Try a matte powder bronzer with a big brush to finish and even out your skin tone. To prevent from over-powdering, you may want to try blotting papers."

She also suggests giving self tanners another try. "They look much more natural these days and come in many easy-to-apply alternatives."

Most women, she says, should be using a toner as well as a cleanser.

"The toner is especially important in this heat because it will remove all the dirt and toxins from the day that your cleanser can't."

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."
CHERYL GUSHUE

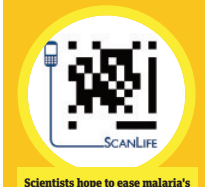
To find what's your skin go to dermatology.ca.

Inside out

Beautiful skin isn't all about products. It also comes from the inside out. Cheryl Gushue uses what she calls the Beauty Trifecta for skin care:

1. Exercise: Daily exercise for at least 20 minutes releases endorphins and detoxifies our skin.
2. Hydrate: Proper hydration is a necessity. Drink 2 litres of water a day.
3. We'd like to add one more: Don't smoke. According to the Mayo Clinic, not smoking and protecting your skin from the mid-day sun are two of the best things you can do for your skin.

Uncomfortable skin tests for allergies are no longer the only option. Now, just a small sample of your blood will generally give laboratories all they need to pinpoint the cause of the irritant, as well as the ability to distinguish a true allergic reaction from other non-allergic symptoms.
NEWS CANADA



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~ L.C. Winnipeg, MB

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Believe it or not, watermelon does a lot more than simply taste good on a sunny day. We know watermelon is a low-calorie and satisfying sweet snack, but when added to your daily beauty routine it can also give your skin an enviable healthy glow.

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous," says Mareena Ostrovsky, head esthetician at Ici Paris Skin Clinic and Spa in Toronto.

Eating watermelon helps to fight free radical damage and aging through the abundant quantities of vitamins A, B and C and antioxidants. Research from Newcastle University in England reported that eating lycopene, the antioxidant found in watermelon, helps protect the skin from the sun's ultraviolet rays, which lead to sunburns and sun-induced skin aging.

The fresh juice of a watermelon alone can be applied as a natural polishing mask. Create a spa atmosphere by undertaking this easy two-step process while reclining in a warm bath; simply massage a cube of watermelon over your face, then rinse after five minutes. Complete this treatment with your favourite moisturizing cream and your skin will not only glow, but feel warm and healthy all day.

To get the most out of watermelon, remember to sink your teeth into its delicious pink flesh as often as possible. A one cup (250 mL) serving of chopped watermelon is only 51 calories and being mostly water is a great hydrator.

Watermelon is packed with nutrients including the antioxidant lycopene, vitamin C, thiamin and vitamin B6, vitamin A, panothenic acid, magnesium and potassium. Eating watermelon and drinking watermelon juice will not only make you feel good and refreshed, it acts as a natural detoxification treatment that flushes toxins from the body.

NEWS CANADA

▶ Watermelon is a healthy treat that can help your skin.

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous."
MAREENA OSTROVSKY

Watermelon sunbun care

We all know to use sunscreen, but when overexposure to the sun leaves skin red, swollen and painful, watermelon can come to the rescue. Naturally moisturizing watermelon is combined with soothing cucumber to provide much needed relief for sensitive sunburned skin.

Ingredients:
1 cup (250mL) cubed watermelon flesh
1 cup (250mL) slices cucumber

Preparation:
In a food processor or blender, mix ingredients together until combined.

Application:
1. Spoon ¼ of mixture into a cheese cloth or tea towel.
2. Fold cloth or towel over mixture, squeeze gently to allow moisture to soak through.
3. Place the moist cloth on affected areas for 20 minutes.
4. Rinse off with cool water.

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Summer sins ...

Metro speaks to celebrity skin experts Kate Somerville, Ole Henricksen and Christina Agnew on how not to let the summer damage your skin.

GETTY IMAGES

FLICKR CC STUARTWEBSTER

The Problem: Too much fun
Alcohol impairs circulation and weakens the skin's capillary walls, explains Somerville. It destroys Vitamin C, responsible for keeping our capillaries strong and when ingested in excess it breaks down the collagen in the skin, causing premature wrinkles, says Agnew.
Quick fix:
Combine steam and cold treatments on your skin. Jumping in a hot shower and followed by a burst of cold water works.

FLICKR CC ROMANA KLEE

The Problem: Late nights
Who wants to go to bed when the sun's still shining past 8 p.m.? Late nights lead to lack of sleep and deep, dark circles forming under the eyes.
Quick fix:
Henricksen advises grating cucumbers, placing them in a piece of gauze and roll them into a sushi roll. Place this on the eyes and press firmly to release the vitamins and enzymes in cucumber for 10 minutes.

FLICKR CC PINKSHERBERTPHOTOGRAPHY

The Problem: Dehydration
Forgetting to drink plenty of water is a mistake everyone makes. Add the intake of fluid from alcohol when attending summer parties and you are sure to watch your skin shrivel away.
Quick fix:
Alcohol is a diuretic and speeds the loss of water from the body causing dehydration. This means you will suffer from a headache, in other words a hangover, says Agnew.

FLICKR CC BLUEWAIKIKI

The Problem: Sunshine
After months of winter blues we all lose our senses when the sun comes out, resulting in unpleasant and painful sunburns when all you wanted was healthy tan.
Quick fix:
Apply sun block every 30 minutes and keep re-applying every two to three hours, advises Somerville. Henricksen's trick is to wear a big hat when going out to shade your face from the sun's rays.

GETTY IMAGES

The Problem: Lack of routine
Most of us can't be bothered to wash our face going to bed, falling asleep without having removed the pollution that's clung to our skin.
Quick fix:
Having a good complexion is to live a balanced life that encompasses diet, rest and relaxation. Washing your face twice a day and making sure you remove make up at night should be engrained into your beauty regime, says Somerville.

Post party

Go home and ...
Drink up to three glasses of water or green tea to re-hydrate the body and flush out toxins.
Wake up and ...
Fill the sink with cool water and ice cubes. Drench in a terry cloth and then place the cloth over your face and cover for 1 minute, says Henricksen. Alcohol robs the skin of its vitality as well as making you feel lethargic and groggy explains Agnew. Snack on vitamin C filled oranges, almonds and cashew nuts. The Vitamin C will speed up the metabolism of alcohol in the liver and the nuts will regulate blood sugar levels.

ROMINA MCGUINNESS

On Sunday, October 3, who are you running for?™ Register today, as a team or individually, for the Canadian Breast Cancer Foundation CIBC Run for the Cure. **To walk, run and give generously, visit www.cbcf.org**

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▶ Iced Melon and Berry Soup

A refreshing first course

Too hot for soup? Not for this *cool* dish. Iced melon and berry soup is best made with ripe melons.

Preparation:

1. Halve melon, discard seeds, and use spoon to scoop flesh out of peel into food processor. Add lime juice and ginger. Purée until smooth, pausing occasionally to push pieces of melon to bottom of goblet.
2. Pour purée into bowl, cover and refrigerate until completely cool, about 30 minutes.
3. Put blueberries into food processor. Add orange juice and yogourt and purée until smooth. Transfer to second bowl, cover and refrigerate until completely cool, about 30 minutes.
4. Divide melon soup among 4 chilled glass bowls. Swirl 1/4 of blueberry purée in centre of each bowl. Scatter raspberries on top. Serve immediately.

Ingredients :

- 1 ripe honeydew melon
- 1 Tbsp fresh lime juice
- 2.5 cm piece fresh ginger, peeled and grated
- 3/4 cup blueberries
- 1/2 cup orange juice
- 2 Tbsp low-fat plain yogurt
- 3/4 cup raspberries

CONTRIBUTED BY

For more information visit: readersdigest.ca

Liquid Assets

Switch up your wine countries

If you want to learn more about wine you've got to be willing to try different styles, from different countries, made with different grapes.

Not that I want to rant (look where that's gotten Mel Gibson lately!); it's just that the river to liquid expertise is flowing with more than just pinot grigio and merlot.

Take viognier. Tracing its roots to the Rhone Valley in France it has quietly become the hottest white grape on the shelf thanks to its full, floral aromas and light tropical (often spicy) flavours. That kind of personality means it's more than just menu friendly; it's a by-the-glass winner that shines bright in the summertime.

If, like me, you're mad about Thai cuisine, then the 2009 Yalumba 'Y Series' Viognier ($17.99 - $18.30) from South Australia — with its exotic mix of citrus, pear and subtle white pepper — will knock you on your pad Thai.

But don't fear red fans, viognier (thanks to its French heritage) is a blender's dream often underlining its fellow grapes with an accent of refreshing spice. The Yalumba 2008 'Y Series' Shiraz Viognier ($14.95 - $18.30) is all about bright, juicy cranberry/cherry flavours ideally matched with a rack of barbecued ribs.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

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RESOLVE YOUR FINANCIAL FIGHTS

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

Fights about finances are pointless but learning to find new things to talk about could be invaluable

Q: My husband and I have been married for almost five years, and conversation is starting to get a bit lacklustre. I think we're both tired of hearing each other complain about co-workers and the same old banter. Do you have any suggestions for spicing up our talks?

Kate says...

If all you talk about is work, I guess it's because all you think about is work, which is incredibly sad and drone-like. You really need to get engaged with something else. Join a tennis club, volunteer at a food bank, start an aquarium. You could plan a trip or take a needlepoint class together. Or, you could just read a newspaper and talk about that, for heavens sake. Use your imaginations, you sad drone people.

Bret says...

How about taking a cue from Oprah and reading a book together? Once you've managed a few pages, you'll be bursting with stuff to talk about. You'll discuss character and theme and symbol and tone. You'll feel thoughtful and excited. You'll notice that your husband is paying attention to your ideas and not just your ass, and you will find that quietly erotic. When you grow confident enough to exchange theories about how poor Walter is going to survive his visit to the vet, you will swell with the self-important flush that is the exclusive prerogative of the thoughtful reader. And you will have had an evening off, which will make talking about co-workers seem super interesting the next day.

▶ Talk about money instead of fighting about it.

Q: We're always scrapping about money. Will things ever get better as our relationship evolves?

Bret says...

That depends. If you are a jerk about it, no, things will not improve, and, after a while, your partner will get bored of you, and shortly after that, you will join the ranks of The People Who Are Making Financial Fresh Starts In Their 40s. So maybe you should try not being such a dick for a change. What is money for? It is for spending. It is for spending on food and drinks and clothes and trips and books and electronics. If you have a pile of money and all you do is sit on it, you are a dumb. Go buy a chair if you need something to sit on.

If you are like most people your age, your largest expense is the place you live. If you are a smart person, you will realize that clever use of your spending power can make that housing expense go away. Pay down your mortgage early and you will find you can survive on one-and-a-half incomes.

All this is a long way of saying this: Fights about money always have two sides. Here are some simple rules for resolving those fights: 1) Money is for spending and only for spending. It makes a shitty chair. 2) Spending money on interest is for morons. 3) Owning your pad outright equals not having to work so hard anymore. 4) The longer you wait to take that big trip, the less fun it will be. Old people are cranky travellers.

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▶ Hipster speed dating is the new big thing in New York.

The internet killed your social skills

New York-based company looking to re-brand speed dating for hipsters Fedoras and Ray Bans abound

Looking for love? Got five minutes and some Ray Ban wayfarers?

Speed dating, a party where groups of people have micro-dates over the course of an evening in a sort of amorous musical chairs is being rebranded as a younger, hipper alternative to online dating.

In Brooklyn's Williamsburg neighbourhood, an event called The Internet Killed Your Social Skills is drawing crowds every first Thursday of the month, filling a bar with a sea of 20-somethings in fedoras.

Julia Segal, 25, founded the event, nicknamed "hipster speed dating," as a way to polish up the dating skills that online dating and social networking sites, such as Facebook, have helped to obliterate.

"I don't think it's better, but I do think it's more fun," Segal said. "We do try to make it fun, lighthearted and for a younger crowd."

David Castillo, 27, the resident DJ and co-founder for hipster speed dating, believes true matches can only happen face to face. He met his girlfriend of four years dancing in a club. He doesn't think it's natural to date online.

And a slew of other dating agencies are offering specialized speed dating services to clients. Speed Dating Connections, a Manhattan-based speed dating agency, has hosted 10,000 daters over the past two years, with many daters looking for very specific kinds of dates.

Speed Dating Connections primarily focuses on ethnicity-based dating; the majority of their events are for Asian and Indian clients. But like many agencies, they also offer a variety of specialized services.

Jacob Tanur, owner of Speed Dating Connections, said it only makes sense to whittle down the number of people in the dating pool.

"Everybody is looking for something specific in every person," he said. "An athletic person doesn't want to date a couch potato." **THE ASSOCIATED PRESS**

Not for everyone

According to some experts, speed dating is not a fast track to finding love.

Men fail at speed-dating
According to April Beyer, founder and president of Beyer and Company, a relationship consultant group based in Los Angeles, men especially don't benefit from speed dating because they invariably make bad choices when presented with a feast of appealing women. "What can you possibly tell in that short amount of time?" asked. "Men are like autistic toddlers.You can't give them too many options. If you put 30 women in front of a guy, he's going to choose the wrong person."

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS

GET FIT FOR THE RATE FIGHT

Rising interest rates have Canadians stampeding to their banks to lock-in or consolidate their loans.

Sadly, in this state of urgency, people often forget two important pieces of information; first, interest rates are still at historically low levels, thus there is no need for the mad dash, and second, lenders are still willing to negotiate with you. Rather than rushing to secure an interest rate, often at the mercy of your lender, take a moment to coordinate your debts and develop a game-plan.

Like a boxer preparing for the ring, you need to put your gloves on and get ready for a match — an interest rate negotiation. Get prepared by gathering a detailed list of everything you owe, to whom, balances, current rates and required payments. Next, research current rates by reviewing the websites of various lenders and the Bank of Canada (bankofcanada.ca). Then ask your lender for a lower rate on all your debt. There are a variety of ways they can give do this. If your lender doesn't want to work with you, transfer your business. One more thing — don't rack up any more consumer debt while you're paying off your existing debts.

8 cheap beat the heat solutions

From stripping naked to cool showers, learn how to save on sweltering energy costs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Get creative to beat the heat and you'll save money too.

We were having a tropical heat wave just as I left Canada for two weeks in Florida. And when I got here, no surprise, I found more of the same. Top most of everyone's mind in this swelter is how to stay cool.

But I, being of a financial orientation, am also interested in how to stay cool while saving a bit of money. We still have the dog days of August to come and the Farmer's Almanac tells me that most of Canada is going to be hotter than normal.

▶ With rising energy costs it can be tough to beat the heat.

With homes increasingly being forced on to smart meters for electical usage, air conditioning is going to be even more expensive if you run it during both peak and mid-peak hours.

It's all fine if you're rich or work 9 to 5 with no one in the house during the day. Not so great if you work from home, are a stay-at-home parent or have kids or elderly parents trying to stay cool during peak hours.

Here are 8 cheap Beat the Heat suggestions from steamy Florida:

1. Keep shades drawn all day and open them and windows at night
2. Keep a towel in the freezer to wrap around your neck
3. Put a bowl of ice in front of a fan
4. Roll up floor rugs to expose cooler floor surfaces
5. Take a quick cool shower before bed
6. Spritz yourself with a fine water spray
7. Even with a balcony or tiny yard lolling in a small blow up pool is very cooling
8. Strip. Really! Buck naked

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

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4 sports

News in brief

1 Jamaal Magloire has re-signed with Miami.

2 Justin Morneau will likely miss at least another week's worth of games.

3 The Dallas Mavericks have re-signed Dirk Nowitzki.

THE ASSOCIATED PRESS

Scan this code for more sports

Wade sorry for 'World Trade' gaffe

Dwyane Wade issued an apology yesterday to those who may have been offended by his use of the phrase "World Trade" while answering a question about the upcoming Miami Heat season.

The all-star guard made the remark Sunday before the annual charity basketball game he co-hosts with Alonzo Mourning.

Standing at his locker before a group of reporters, Wade said:

"There's going to be times when we might lose one, two games in a row, maybe two games, three games in a row, you never know. It's going to seem like the world is crashed down. You all are going to make it seem like the World Trade has just went down again. But it's not going to be nothing but a couple basketball games lost and we'll have to get back on track."

▶ Wade

Yesterday, before leaving on a flight to Los Angeles, Wade issued an apology through the Heat.

In the statement, Wade said: "In an interview yesterday, I attempted to explain how some people may view the Miami Heat losing a few basketball games in a row during the upcoming season. It appears that my reference to the World Trade Center has been either inaccurately reported or taken completely out of context. I was simply trying to say that losing a few basketball games should not be compared to a real catastrophe.

"While it was certainly not my intention, I sincerely apologize to anyone who found my reference to the World Trade Center to be insensitive or offensive."

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Ilya Kovalchuk has reached a deal with the New Jersey Devils.

Jersey score: Ilya's staying

Kovalchuk reaches deal with Devils for reported 17 years, $100 million

Russian sniper's final choice came down to New Jersey and Los Angeles

Unlike the NBA's LeBron James, the biggest prize on the NHL free agent market isn't moving.

Ilya Kovalchuk is staying with the New Jersey Devils.

Kovalchuk's agent and the team announced yesterday that the high-scoring left-winger has agreed to a multi-year contract, ending weeks of speculation where the league's leading goal scorer since 2001 would be skating next season.

Several reports pegged the deal at 17 years and around $100 million US.

"This was a long, arduous process that has taken frankly a little longer than I thought," agent Jay Grossman said in a telephone interview with The Associated Press.

"But you know what, nothing is worth anything unless you work for it. I can tell you he is very happy to be with the New Jersey Devils."

The Los Angeles Kings, New York Islanders, Devils and SKA St. Petersburg of Russia's Kontinental Hockey League talked with Kovalchuk after free agency started July 1.

The final decision came down to the Kings and the three-time Stanley Cup champion Devils, who haven't won a title since 2003.

THE ASSOCIATED PRESS

Leaving Atlanta

How the Devils landed Ilya Kovalchuk.

1 Kovalchuk rejected a 12-year, $101-million extension offered by the Thrashers.

2 Kovalchuk was acquired by the Devils in February for a package of players and draft picks.

Schleck steaming after rival fails to wait for him

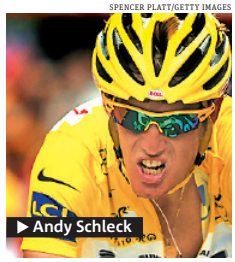
Luxembourg's Andy Schleck lost his yellow jersey as overall leader of the Tour de France to defending champion Alberto Contador yesterday after suffering mechanical failure at a disastrous moment.

Afterward, a furious Schleck accused Contador of taking the jersey unfairly because he didn't wait while Schleck stopped to fix the chain on his bike. Contador insisted he didn't know Schleck had had a problem.

French champion Thomas Voeckler won the day's race, the second of the Tour de France's four big stages in the Pyrenees, with a solo ride. Victoria's Ryder Hesjedal finished 16th to move into 10th spot overall.

THE ASSOCIATED PRESS

SPENCER PLATT/GETTY IMAGES



▶ Andy Schleck

Sports in brief

Lightning land Gagne in trade

NHL Steve Yzerman continued his makeover of the Tampa Bay Lightning yesterday. The Lightning GM acquired forward Simon Gagne from the Philadelphia Flyers for defenceman Matt Walker and a 2011 fourth-round pick. Gagne has played in 664 career NHL games, all with the Flyers, and has amassed 524 points, including 259 goals.

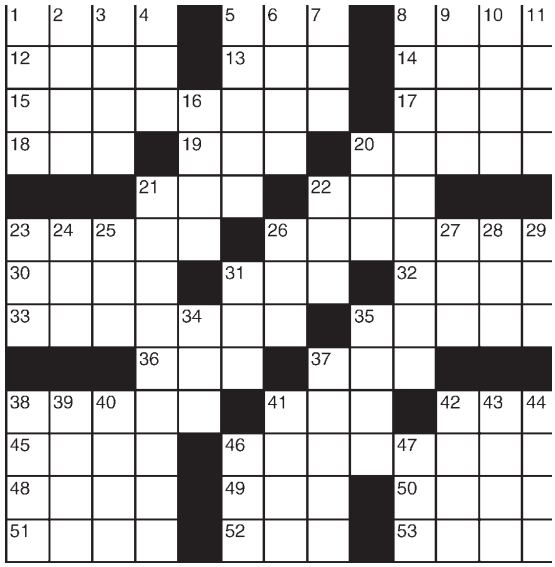
THE ASSOCIATED PRESS

Babby to head Suns: Source

NBA. The Phoenix Suns have hired agent Lon Babby to head the team's basketball operations, a person with knowledge of the situation said yesterday. The person, who asked not to be identified, told The Associated Press that Babby will be introduced at a news conference at US Airways Center today.

THE ASSOCIATED PRESS

Crossword



Across

1 Burbot or turbot
5 Rock band's need, for short
8 Layer
12 Opposed to
13 Cattle call?
14 Not working
15 Group's headlong rush
17 Office part-timer
18 Plaything
19 Individual
20 Elegance
21 Moreover
22 Trouble
23 Due
26 Bret Michaels' trademark
30 Crucifix
31 Snug rug occupant
32 Verve
33 Kentucky brew
35 Lachrymose
36 History chapter
37 Angry
38 Last letter
41 Droop
42 That woman
45 Actress Moore
46 Hoover Dam water
48 Oklahoma city
49 Rage
50 Saharan
51 Foolproof
52 Links statistic
53 — a soul (nobody)

Down

1 Rapid
2 Division word
3 Remain
4 That fellow
5 Improve a text
6 Fashion
7 "Ulalume" writer
8 Monopoly card
9 Notion
10 "Desire Under the —"
11 Agents, for short
16 Very early video game
20 Opposed to
21 "The Immoralist" author
22 Witty one
23 Sphere
24 Seek the affection of
25 Debt notice
26 Hamburger holder
27 Milwaukee product
28 Siesta
29 Whatever number
31 — constrictor
34 Underwear with underwire
35 Carry on
37 Creator
38 Tributes in rhyme
39 Options list
40 Eastern potentate
41 Country singer Evans
42 Antitoxins
43 Tresses
44 Vortex
46 Back talk
47 Chap

▶ Yesterday's answer

S	I	T			E	B	B		B	O	S	S
K	N	O	B		L	E	U		U	N	I	T
E	C	R	U		F	A	R		S	E	X	Y
W	H	I	S	K		D	R	A	T			
			T	I	C		O	D	E	S	S	A
B	O	R	E	D	O	M		O	R	L	O	P
U	S	E	R		B	A	G		K	A	L	E
S	L	A	C	K		R	E	N	E	W	E	D
H	O	R	R	I	D		L	E	A			
			A	N	O	N		E	T	H	E	R
S	L	O	B		W	O	O		O	O	Z	E
H	E	R	B		N	T	H		N	O	R	M
Y	O	R	E		Y	E	S			P	A	Y

Sudoku

3	5						9	6
		7	6			3		
4			9		3			
8				1		6	3	
				2				
	1	5		4				8
			4		5			2
		9			7	8		
2	6						4	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	3	2	4	7	6	1	9
6	4	7	5	1	9	2	3	8
2	9	1	6	8	3	5	7	4
7	8	5	4	6	2	3	9	1
3	1	2	7	9	8	4	6	5
4	6	9	3	5	1	8	2	7
5	3	4	9	7	6	1	8	2
9	2	8	1	3	5	7	4	6
1	7	6	8	2	4	9	5	3

Send a KISS

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Arezoo, you have always been my love, my strength, my passion, and my support, When seeing that spark of joy in your eyes, I get the peace and happiness in my heart. I love you from the deepest of my heart.
NIMA

To Corri: Happy 29th .... Again. Couldn't get you off my mind.
FRANK

Michelle; you are the one! Love you so much baby.
ANDREW

My beautiful baby, Matthew
I just want you to know that you mean everything to me. You are so important and so special to me. I cannot imagine spending my life without you. I love you with all of my heart baby. Forever and always,
TIMASHA

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Today	Wednesday	Thursday
Variable	Mainly sunny	Sunny
22° / 15°	23° / 15°	21° / 14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Your feelings for someone will swing from like to dislike and back again two minutes later. It's obvious you don't really know what your real emotions are so resist saying anything too outrageous.

♉ Taurus April 20-May 21 The reason you seem so accident prone at the moment is because you are rushing here, there and everywhere trying to get a dozen things done in record quick time.

♊ Gemini May 22-June 21 You may have taken chances with money and got away with it in the past but you must not take chances today. Avoid any and all situations where you might want to gamble.

♋ Cancer June 22-July 22 Because you are so full of yourself at the moment you could say something thoughtless and hurt someone emotionally.

♌ Leo July 23-Aug.23 Today's cosmic picture warns that your fears and insecurities could easily get the better of you. The only things you should treat with suspicion are those dark thought that creep into your head.

♍ Virgo Aug. 24- Sept. 22 Certain issues need to be brought out into the open where they can be discussed and debated in a rational manner. Be honest about what you think and feel.

♎ Libra Sept. 23-Oct. 23 You may be anxious about some of the new responsibilities you have taken on but once you get busy you will discover that you have a talent for solving problems and providing leadership.

♏ Scorpio Oct. 24-Nov. 22 You never take kindly to criticism and today will be no different. You are not in the least bit interested in other people's opinions, about you or about anything else.

♐ Sagittarius Nov. 23-Dec. 21 Try not to rush decisions today because it will cause problems that could so easily have been avoided. Logic seems to be in short supply at the moment.

♑ Capricorn Dec. 22-Jan. 20 Keep your opinions to yourself and keep your nose out of other people's business. Partners and colleagues are in no mood to accept interference, so bite your tongue.

♒ Aquarius Jan. 21-Feb. 18 Other people can sense that you are easily aggravated and will go out of their way to irritate you. Mind planet Mercury in your opposite sign urges you to keep control of your emotions.

♓ Pisces Feb. 19-March 20 Your disagreements with someone may be of a fundamental nature but you can still work together for mutual benefit.

SALLY BROMPTON

JON SUPER/THE ASSOCIATED PRESS

Caption contest

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

MEXICO

Los Cabos

Tesoro Los Cabos • 3 1/2★
Deluxe rm. city view
Aug. 14 • 1 wk.
$539
+Taxes & other fees (including service charges): $266

Dreams Los Cabos Suites Golf Resort & Spa • 5★
Unlimited-Luxury®
Junior suite ocean view
Aug. 14 • 1 wk.
PRIVILEGES $1129
+Taxes & other fees (including service charges): $266

Cancun/Riviera Maya via Calgary

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Sept. 19 • 1 wk.
$749
+Taxes & other fees (including service charges): $285

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Sept. 19 • 1 wk.
$759
+Taxes & other fees (including service charges): $285

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house.
Sept. 5 & 12 • 1 wk.
$669
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$829
+Taxes & other fees (including service charges): $325

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 6-25 • 1 wk.
$949
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 6-25 • 1 wk.
PRIVILEGES $999
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

CUBA

Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
July 31-Aug. 21 • 1 wk.
$899
+Taxes & other fees (including service charges): $221

Varadero via Calgary

Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
Aug. 1-22 • 1 wk.
$1189
+Taxes & other fees (including service charges): $221

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★
Studio botanical view.
Aug. 14, 15, 21 & 22 • 1 wk.
$1249
+Taxes & other fees (including service charges): $264

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.
$1289
+Taxes & other fees (including service charges): $236

USA

LAS VEGAS

The Palazzo Resort Hotel & Casino • 5★
Luxury suite
Aug. 17 • 3 nts.
$479
+Taxes & other fees (including service charges): $135

Two FREE show tickets[1]

CRUISE

Carnival Cruise Lines[2]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Mar. 13 • 1 wk.
$1619
+Taxes & other fees (including service charges): $287

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between July 20 & 24, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Saint Lucia via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Offer is applicable to new bookings only. Choice of two free tickets to either Phantom - The Las Vegas Spectacular or Blue Man Group when booking Air & Hotel package of at least 2 nights at The Venetian or The Palazzo for arrivals from July 18 to Aug. 31, 2010 and for shows from July 18 to Sept. 3, 2010. One free ticket for single occupancy. Ticket voucher will be issued at check-in for redemption at any Venetian or Palazzo box office. Show choice is subject to availability at time of redemption, specific show dates or show times are not guaranteed. [2]Carnival Cruise Lines ships' registry: The Bahamas and Panama. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.